

THE DENTAL ASSISTANT

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July-August, 1943

No. 7-8



"I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands; one Nation indivisible with Liberty and Justice for all."

JOURNAL OF THE AMERICAN
DENTAL ASSISTANTS ASSOCIATION

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CONTENTS

Stretch Your Efforts.....	M. S. Shaw	98
Education	H. Goodspeed	99-113
Organization.....	Z. T. Roberts, D.D.S.	100-101
D. A. Societies and the War.....	J. Hankey	101
Sterilization.....	H. Brooks	102-114
Making the Office Attractive.....	G. Kidner	103-115
Alabama D. A. A. President's Address	B. Wilkin	104-105
Poem—Tell Her Now.....		105
President's Page.....	D. L. Burks	106-107
Committee Reports		107
Editorial—Invitation to Cincinnati—Hostess		
Society		108
Evaluation and Rededication.....		108-109
Dr. Robinson Says.....		109
To Speed Up Your Work.....		109
Letters from Trustees of First and Seventh		
Districts		110-111
Secretary's Corner.....	A. Ferguson	112-113
Talking It Over.....	E. M. Justice	114
Question Box.....	M. B. Smith	116-117
Poem—The Grablins.....	S. E. Godfrey	117
The Dental Assistant.....	C. C. Hoyle	118

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Stretch Your Efforts

By MARIE SILLAY SHAW

Presented at the Twenty-fourth Annual Meeting of the Alabama Dental Assistants Association, April 13, 1943

Are we stretching our efforts to become better Americans, better dental assistants, and just better people? If not, now's the time to begin. Isn't the glorious satisfaction of a job well done something to inspire us to stretch our efforts to do a better job?

The gym instructor advises that regular s-t-r-e-t-c-h-i-n-g of the body makes it more beautiful and supple. Likewise, by stretching our minds, talents and energies we can make our lives beautiful and useful to others.

Right now, with our country at war, there is a job for every man, woman and child in America to do. This nation, this government, this people desperately need the help of everyone.

There are many things that we as an organization can do to help win the war, at the same time helping ourselves to become better people. Whatever we do, we must do it happily and cheerfully. Save all the rubber you can—even the tiny little piece of rubber that is found in each novocaine carpule. Save paper; save tin-foil from x-ray films and other things; save all your equipment and instruments by giving them proper care; save all tubes made of tin; save anything that you can reuse. These items may seem of minor importance to you, but what if each assistant in the United States did this—wouldn't it grow to big proportions?

Calvin Coolidge said that four things contributed greatly to the advancement of New England; namely: 1. Eat it up. 2. Wear it out. 3. Make it do. 4. Do without. This should certainly apply to the present day, when it is necessary that so many sacrifices be made. However, we can easily do these things willingly, with a happy, all-American spirit.

If it's steak we want, and soup we get, eat it up and like it. If we have several articles of good clothing, though they may be slightly ancient, don't buy new ones, but wear out what you have. Instead of thinking longingly of the sheer beauty of Nylon hose, forget them, and enjoy your rayons and cotton stockings; they'll do! We are called upon to give up every day luxuries that have been taken so much for granted. We do miss our auto rides, but we surely can do without them now, when so many other things are very much more important.

Nor should we forget to take proper care of our bodies, so that there may be sufficient strength for the added duties. We should get plenty of proper exercise, fresh air, and rest.

Have you enrolled in Civilian Defense? The Red Cross needs your spare time, too, in the surgical dressing units, and in the Nurse's Aide Corps, etc.

Let us be realists in every sense of the word. Now is no time to shirk our responsibilities. To just the extent that help is given, the sooner will victory be complete. Our country is going to win, so why not have a part in the glorious achievement? We don't want to be one of those who have failed to answer a clear call to duty; rather, let's aspire to be a group of people who have *stretched* their efforts for America and for themselves.

Remember the song of Browning's Pippa:

"All service ranks the same with God:
If now, as formerly he trod
Paradise, his presence fills
Our earth, each only as God wills
Can work—God's puppets, best and
worst

Are we; there is no last nor first."

925 Candler Bldg., Atlanta, Ga.

THE DENTAL ASSISTANT

Education

By Helen Goodspeed

Webster defines "Education," in part, as discipline of mind or character, thru study or instruction.

We ask ourselves, how and what can we learn to be more efficient, more valuable to our employer while we are still on the job? We must regard our work as a thing of vital importance and equip ourselves thoroughly for it.

We know that this is a highly specialized and competitive age and we must not stand still but continually march ahead with progress. Year by year we find the duties of the dental assistant expanding so that we must be prepared to meet these growing demands. Education is a slow process requiring continual and constant effort in a changing world.

The night schools in both high school and college offer us courses in Physiology, Psychology, Charm and Personality, Voice Culture, Nutrition and Diet, Bacteriology and Secretarial Courses. It is a combination of all these, and then some, that will help you to be a better hostess, a better business manager and secretary, a better chair assistant, a better housekeeper and a better laboratory technician in your office. Dentistry is one profession which must depend upon the personality and efficiency of the office personnel.

A few of the dental publications devote some space to Dental Assistants in the way of helpful hints and suggestions you can apply to your work. Read all the available material that comes into your office. Especially collect items of a practical nature which you can utilize in dealing with people. Keep up to date on modern educational methods and occasionally visit a parent-teacher meeting to get the latest information of child psychology in actual practice. The dental office is an excellent place to study human nature. Be a good listener and

a keen observer. Much is to be learned from patients.

We must, within our organization, make opportunities of further education for our members. We improve in our work only by doing it and studying the methods of others. By a continual exchange of contributions thru our association, we realize one of the main objectives of our association, mutual improvement. To this end, let us co-operate with constructive criticism, with our ideas and with our inspirations. State organization offers you an opportunity to obtain the inspiration which all of us need to keep going forward and upward. So by attendance at your meetings you are keeping abreast of the advancement of dental assisting. Meeting women from all parts of the state is an experience and an education that I wish every Dental Assistant could have. It isn't possible for all of us to attend the national or state meetings but you can attend your local society meetings regularly and get from them many valuable things that add to the efficiency of your work.

The efficient Dental Assistant is always alert in seeking methods to increase the income of her doctor's office, and today we have that opportunity as never before, but we must be prepared. Statistics tell us there is an enormous amount of dental care to be supplied by dentists and a wide field within which the educational effort of the Dental Assistant may be concentrated. By education of the patient, dental care may be brought to stand on a level with the necessities of life. Due to the speed-up of war production, many people are making more money. Restrictions have been made on luxury goods and spending power has been curtailed so that this should be a perfect time for people to spend more money for dentistry. The

(Continued on Page 113)

Organization

By Z. J. Roberts, D. D. S.

(Presented before the Denver Dental Assistants' Association, Jan. 24, 1943)

Webster's definition of organization is as follows: "An act or process of organizing, whether as a living structure or as any systematic whole; as the organization of an army or government." My definition for our purpose is: the result of the banding together of two or more persons for the purpose of the accomplishment of greater results in a specific endeavor, than could be done individually or singly. If I am right then the results of organization began with the birth of man and has continued down to the present time with all its ramifications.

I read that the first dental organization for mutual benefit was consummated in 1834. It is just a little difficult to believe that this could be true as dentistry was very actively practiced more than a hundred years before that. Not actively as we know dental practice today but compared with dental practice of two hundred years before that it was actively practiced. But be that as it may, just take a glance at the list of dental organizations that have sprung from this one seed planted not so long ago and the immeasurable benefits that have accrued to the dental profession as a result of this process of evolution and also to the betterment of the physical condition of the human race.

Now what about your own Denver Dental Assistants' Association. I have no doubt that the Denver Dental Assistants' Association will eventually be the influence that will accomplish the organization of a Colorado State Dental Assistants' Association and then become a component of the American Dental Assistants' Association. It is thus that we grow and all the evidence indicates that you are a very vigorous, healthy and growing body and I wish

you luck in the accomplishment of that laudable end.

When I say "luck" I say something I do not mean. Luck is just an expression that we all use for lack of something better. It requires your own zeal and effort and determination to accomplish the thing you want. You must make, you must force your luck to reach the goal you have set, whatever that goal is. What is success? It is the accomplishment of aims and plans for improvement along the path you have laid out. You will never reach perfection, I hope, for then all incentive would be killed, but just so long as you are advancing in your personal work or your organization work you are successful, and whenever you stop, you start slipping back. Whatever you do to improve yourselves in the discharge of your duties has its direct effect on the efficiency of the office where you spend your effort and thus directly is a benefit to dentistry. Make no mistake about it, your improvement in the discharge of your duties goes right on through your employer's hands to his patients.

Now I feel that it would be a waste of your time for me to try to suggest to you how to say "Good morning" to an arrival or how you should answer a telephone call or that you should be neat and clean and pleasant and all those things. If you are in doubt at all as to those many things I am sure you can get much better information from the library than I can give you, and, by the way, if you do not have Miss Covington's book, "The Dental Assistant," just order it at once and have it charged to your employer's account, as he also will benefit from your study of that little volume. Then put

(Continued on Next Page)

Dental Assistants Societies and the War

By Jean Hankey

One more year has rolled around since our last meeting in Canton and with it has come the many changes wrought because of war. This, of course, has had its effect upon our societies with many of our members entering the service in Army Dental Clinics, women's organization of the Army and Navy and war plants. Perhaps this loss makes us feel that to carry on our Society is too much of a burden for a few, we say "we haven't time," our work is more than doubled in our office and war activity takes hours from our evenings. Let us then consider. Dental assisting is our particular vocation and through this medium are we not playing a part in helping to keep Uncle Sam's large family left on the home front in a state of good health? How can we perfect this position we hold better than from the knowledge gained through organized Dental Assistants' Associations where we meet to receive lectures and instruction from the dental

profession and where we also have an opportunity to exchange ideas with our own fellow workers.

After attending and enjoying a meeting such as we have this week-end how can we help but go back to our respective societies with a renewed enthusiasm to meet together as often as possible, to give our loyal support and cooperation to the building of a great association. The War Service Committee of the American Dental Assistants is busy throughout the country and each local group should be urged in some way to contribute to this effort in order to put a speedy end to war, but the word neglect must find no place in our vocabulary when applied to our Dental Assistants Society which stands firm for an increased education, for an unselfish desire to serve mankind, for a peak in utmost efficiency, and for loyalty to ourselves, our employer and our country.

Cleveland, Ohio
10465 Carnegie Ave.

(Continued from Preceding Page)
your own name in it as your property. There is a world of good practical information between its covers.

I think you can see my point in regard to care of an office and how you can assist your employer. No two dentists require the same things and you must be keen enough to adapt yourself to the needs of the office. You may be able to improve the routine of any office you go into by the little things that you have learned elsewhere and if you are truly interested you will be watching for an opportunity to add just those things that will make that office run more smoothly.

Your personality is your greatest asset and not all of it is natural. Much can be acquired by your contact with those who come in. You should be able to judge human nature and quickly

decide whom you can talk to freely and with whom you must not talk too freely. Some do not object to your peering closely into their mouth while others want you no closer to them than is necessary.

With many of you, much of your work will be with children and here is where you can employ your ingenuity to its fullest extent. I recognize my own weakness in handling children, but I am still hoping I am not too old to learn something from my assistant. Children, of course, are our future patients and their mental attitude toward dental service is largely formed during their early years. We dentists appeal to you assistants to do what you can to convince these little people that we are not like the "big bad wolf." Now is that recognizing your possibilities or not, I ask you.

Sterilization

By Mrs. Helen Brooks

Every doctor realizes that the well-being of his patients demands safety in sterilization and that correct equipment and technique for this sterilization increases his personal efficiency, creates confidence and enhances prestige.

This phase of dentistry from the viewpoint of the assistants cannot be overemphasized for no matter what other duties she may or may not perform, sterilization is solely hers. First, let us see just what sterilization means. We are all familiar with the work of Pasteur, and Lister in the field of micro-organisms. One of the basic principles in the findings of these two men was that everything in contact with surgical work must be sterile. An article was either sterile or not sterile, and if not sterile was unsafe. This principle was therefore the forerunner of modern asepsis, which means the destruction of living organisms in material used.

Bacteriological organisms are of two kinds: spore forming and non-spore forming bacteria. Spores have a shell-like structure and are very resistant to heat. Although spores are sometimes forgotten or neglected in non-operative work, they are nevertheless a menace and extra precautions should be taken for their destruction. Bacteriologists have constantly pointed out that boiling water does not kill spores even after prolonged exposure, and the safety of boiling water must depend on the care with which the spore organisms are removed by scrubbing.

Heat without moisture can and will provide sterilization, but moisture is important in sterilization, because it reduces the necessary temperature and lessens the time required.

Bacteria have varying thermal death points, but if the following table is followed, complete sterilization will be assured.

For non-spore forming bacteria:

Boiling water 212 F..... 10 Min.

Flowing steam 212 F..... 30 Min.

For spore forming bacteria:

Steam or water under pressure 250 F. 60 Min.

Hot air 350 F..... 60 Min.

Hot Oil 300 F..... 30 Min.

From this it is seen that steam at 250 F. will destroy all spores that are found in surgery. This temperature is available only in an autoclave.

Following is a summary of the correct technique for preparation and sterilization of instruments. This technique will eliminate almost all rush and injury.

1. Instruments should not be allowed to stand after use without being cleaned, as blood clots and other moistures will stain instruments if not scrubbed off immediately with soap and water and a brush.

2. Instruments that are free from spores may be boiled. Water should be boiling when they are placed in it and kept boiling for 10 minutes. I might add that needles and syringes should be included in this technique.

3. Instruments bearing spores should be sterilized in an autoclave at 250 F. for 15 minutes.

4. Instruments should be taken out rolled from tray onto a clean dry towel. The towel should be picked up from underneath and instruments wiped.

5. If allowed to stand for any length of time, instruments should be re-sterilized.

There are several germicidal preparations that are available for sterilization but it is a recognized fact that until more reports of studies and observations relative to chemical solutions are made, sterilization by boiling and steam

(Continued on Page 114)

Making The Office Attractive

By GERTRUDE KIDNER

We all know the old saying that first impressions are lasting. It behooves us, therefore, to make our offices and ourselves as attractive as possible, as the first impression of the doctor that the patient gets, is from the office and the nurse.

Women are particularly intuitive, and when entering a dentist's office for the first time, they reach within sixty seconds a score of conclusions, many of which will remain with them unshaken by any future attempts at correction. The general harmony of the reception room, its cleanliness, the type of literature on the table, brings her unconsciously to a quick judgment of the dentist's artistic ability, neatness and intelligence. The atmosphere expresses an appreciation of certain hygienic principles, or a lack of it. The nurse is no less an object of this rapid and far reaching analysis. She, in a way, represents the personality of her employer; for she is the type of girl he has chosen as his assistant.

Next to professional knowledge and skill, the public demands cleanliness, and the dentist will not obtain success without respecting public demand. The reception room is the first room that a patient enters in the dental suite, and here he receives those primal stimuli of immense importance—first impressions.

Let us then take stock of our reception room. First, it should be as home-like as possible, with carpets or rugs on the floor. As it is often necessary to keep patients waiting, the chairs should be comfortable. The table or magazine stand should have a variety of up-to-date magazines, never more

than two months old, or better still, the current month's issues. In season have a bouquet of fresh flowers on the table. They give color to the room and pleasure to the patients, and are well worth the cost. In summer, they can come from the doctor's or assistant's garden. Use seasonable flowers such as honesty, bittersweet or dried colored grasses in the fall and winter, if it is not possible to have ferns or flowering plants. In February, go out into the garden and cut small branches from the peach or cherry trees, or from any of the flowering shrubs. Put them in a pail of warm water and leave them in the basement for about ten days. Sprigs of the branches can then be cut at weekly intervals and arranged in a vase in your office. They will not only be a joy to the patients and yourself, they will also bring a bit of spring into the room.

And girls, did you ever stand back and look at the lamp shade? Quite possibly, it has been there so long that you are accustomed to seeing it. A new lamp shade costs only two or three dollars, and it will work wonders for the room. A few good pictures are better than many cheap ones, and pictures show the doctor's good taste. Of course, it is unnecessary for me to say that the curtains and drapes should always be clean.

Before leaving the reception room we must not forget the children who will be the backbone of the practice a few years hence. A little chair for Betty and John will please them immensely and make them feel more at home. By all means have a children's corner with books for all ages. They need not be expensive, but have a good variety and a plentiful supply. These things encourage the children to come alone, thus saving mother's precious time.

(Continued on Page 115)

Alabama Dental Assistants Association—President's Address

By Bill Wilkin

The increasing importance of the Alabama Dental Assistants' Association is not something which just happened but rather a direct result of twenty-four years of intensive planning and hard work—much harder than some of us realize. In the years of growing membership the prestige and activities have continually attracted new members. This prestige must be enhanced and these activities must be continued so that the Alabama Dental Assistants' Association shall offer to every dental assistant in the State a membership that cannot easily be declined. The present emergency must not be allowed to impair the service our organization offers to its members and to the dental profession.

Let us not, however, worry too much about yesterday or tomorrow. Today is OURS. Let us make the most of it. With smiles and friendly greetings let us spread happiness and friendship so that this day our real get-together may tighten the bonds of a mutual desire to profit by exchanging thoughts and views derived from the experiences of the year past since our last gathering.

We are here for the purpose of consultation, that we might better prepare ourselves to face the uncertain future. The advance of our vocation easily keeps pace with all other societies, but can we not with studious and considerate co-operation stride a little in advance and lead.

This cruel World War has made a definite imprint on dentistry. There is an increased need for efficiency in all dental offices. Let us so labor with increased zeal and willingness that this challenge before us might be overcome. Is not this our duty—both to the skilled and learned doctors whom we serve and

also to our fellow man? Dental health is most important in our nation's preparedness. Let us do our bit by doing our best.

In our position today we have an excellent opportunity to render the service that is included in the object of our organization and also in the Dental Assistants' Code of Ethics. We must show our employer that we are ready and willing to do our part in the present emergency. We must let him know that we understand our longer hours and harder work that involves increased responsibilities are all a part of our job for a speedier victory. Our time and efforts are small in comparison to what some are giving.

Along with the busy rushing hours it is important that we remember one thing in particular. Perhaps you have many patients and friends that you once knew as your most pleasant acquaintances. Now these same persons are concerned with so personal and war worries that they have ceased to be the jolly good fellows we once knew. Not only must we as dental assistants not join these crepe hangers, but can't we KEEP SMILING and thus create a little more cheerfulness. Back in the past pain was considered a necessary adjunct for the relief of pain. Along with the rapid advance of science has developed the knowledge that kindness, sympathy and cheerfulness are of utmost importance in relieving the suffering and fears of mankind. As dental assistants, let's KEEP SMILING and be real benefactors. It has been said, and I quote: "Woman will always lead the race of mankind in the affairs of emotion, moral, affectional, religious—she has a better heart, the truer intuition of the right, the lovely and the holy."

First in importance in remembering to keep smiling is to be happy ourselves. A search for happiness defeats its own purpose. It is only when we lose ourselves in service for others that true happiness is realized. Let us keep busy. Surely we as dental assistants have no trouble doing this. Keep your body healthy—both physically and morally. Have a variety of interest—a fuller life is a happier life.

If the tall, sturdy oak that all admire so much could tell us its life story, we should learn the way of life. This we know: the great oak had its beginning in a little acorn and its fight for life was a hard one. The little acorn may be dropped in the middle of a field, where one may think it could be free to grow to mighty strength without molestation. But even as a sapling, the little oak wages a battle with the grasses for its existence. And if it succeeds in growing out of the reach of the grasses a horse or cow may nibble it off, or tramp it. If it is fortunate enough to survive, then comes the dangers of the elements—extreme heat and drouth, the storms and lightning. As with the oak, so with the human

race. Only the fit survive the struggles and attain a ripe old age of happiness.

For the past twenty-four years the Alabama Dental Assistants have had many problems to overcome. Let us resolve to meet and overcome them with the same loyal courage as our predecessors.

The hills ahead look hard and steep and high,

Often we behold them with a sigh,
But as we near them, level grows the road.

We find on every slope, with every load
The climb is not so steep, the top so far—

The hills ahead look higher than they are.

And so 'tis with troubles, though yet so great

That men complain, fear and hesitate,
Less difficult the journey than we dreamed,

It never proves so hard as once it seemed.

There never comes a hill, a task, a day,
But, as we near it, easier the way.

702 First National Bank Bldg,
Montgomery, Ala.

TELL HER NOW

If with pleasure you are viewing any work a girl is doing

If you like her or you love her, tell her now;

Do not withhold appreciation till the parson makes oration

And she lies with snowy lilies o'er her brow.

For no matter how you shout it, she won't really care about it,

She won't know how many tear-drops you have shed;

If you think some praise is due her, now's the time to slip
it to her,

For she cannot read her tombstone when she's dead.

More than fame and more than money is the comment kind
and sunny,

And the hearty warm approval of a friend;

For it gives to life a savor, makes you richer, stronger, braver—

Gives you heart, and hope and courage to the end.

If she earns your praise, bestow it, if you like her let her
know it,

Let the word of true encouragement be said—

Do not wait till life is over and she's underneath the clover,

For she cannot read her tombstone when she's dead.

Submitted by Augusta N. Taylor
305 Stephens National Building, Fremont, Neb.

—Author Unknown.

President's Page

Dear Fellow Dental Assistants:

Probably the most heart-warming occasion of all those we enjoy from time to time is a reunion. There are many kinds of reunions from the family variety to the kind we'll have in October at Cincinnati—our first in two years.

The most fun at reunions is talking over old times with bosom companions of other days, or with people you've only met through correspondence—or through the pages of the Journal. People you've never seen seldom look as you'd pictured them from the letters they write and it's so good to be able to TALK to people for a change. We depend upon the written word so much in our Association life that it sometimes seems a wonder that we can express ourselves at all vocally.

The few months left before we meet in Cincinnati will be busy ones for everyone. You are probably working your fingers to the bone in your society raising a good delegate fund, and I hope those of you who haven't any particular vacation plans will decide to join us in Cincinnati. Every blessed member is welcome and I want to take this opportunity to cordially invite you to attend. May I urge you to write the Hotel Gibson in Cincinnati the moment you even so much as suspect you MIGHT be attending convention and obtain a written reservation. Space will be limited.

When I think of Cincinnati so many mental pictures flash through my mind it makes me dizzy. Several years ago when the A.D.A.A. met in Cleveland the California girls traveled in a group to convention. We were lavishly entertained everywhere along the way and Cincinnati was almost the end of the trail for us. From the moment we arrived in the beautiful, modern railroad station to be met by the Mayor and have our picture taken for the paper to our departure time was one round of fun. There was a glorious sightseeing trip in open-air busses, and Cincinnati is one of the truly beautiful cities in the country. Probably the most unique part of that sightseeing trip was our ride on the "lift" which is the most exciting way of getting up and down hills imaginable. We were all spell-bound. Just to ride on it again is well worth a trip to Cincinnati for me. And I wonder if the old Show Boat is still resting there on the banks of the Ohio . . . and if the cast is still doing those good old melodramas. My, but it was fun buying cheap candy to throw when the actors got especially hammy, and pop to drink between times.

Without a doubt the war has brought changes to Cincinnati, but it must have retained its beauty and spots of interest, and the dental assistants there are still the same charming hostesses they were several years back. We know they can't plan elaborate luncheons and teas or take us on super sightseeing trips this year, but we'll be grateful to them for anything they do in these times when just getting downtown on a street car is a major achievement. After all, just being together again should create enough happiness and be enough fun to make it all worth while.

Our Program Chairman, Emma Luke, is planning a timely and thoroughly worthwhile educational program and has obtained several outstanding speakers for the meeting. Eleanora Schumann, Chairman of Clinics and Exhibits, has promised us a splendid afternoon of clinics and your cooperation with her is greatly appreciated.

This 1943 meeting of ours is going to be an important one and a busy one. Many matters of vital concern to every dental assistant will be considered. Have you discussed the proposed changes in the constitution in your society? There

is a mimeographed copy in your President's file. How does redistricting affect your society? Everyone should be informed on these matters. You will be interested in the report of our Military Affairs Committee and the recommendations it will present in Cincinnati. These are just a few of the more important matters which will be discussed by the House of Delegates.

Please keep the thought in mind that this is YOUR meeting and YOUR association. It isn't at all necessary that you be elected a delegate to attend the convention, although if your society is entitled to send more delegates than it can afford to send, arrangements should be made for you to act as a delegate if you will be in Cincinnati during convention. The next issue of "The Dental Assistant" will contain many interesting items concerning the convention. Study it carefully, and do plan now to join us in Cincinnati in October.

Sincerely yours,

Dorothy Lickiss Burks, President.

IMPORTANT NOTICE

To A.D.A.A. Delegates and Members to the Eighteenth Annual Meeting:

Please make your hotel reservations as soon as possible. Room rates at the Hotel Gibson, Cincinnati, Ohio, are as follows:

Single room with bath, \$3.00 and up. Double room with bath, \$4.50 and up. Twin room with bath, \$5.50 and up. Dormitory accommodations, 3 or 4 in room, \$2.00 per person. Dormitory accommodations, 5 or more in room, \$1.75 per person.

*Esther Leddy, Chairman, Hotel Committee,
Mercantile Library Bldg.,
Cincinnati, Ohio.*

"LOYALTY TO ONE'S COUNTRY AND TO ONE'S SELF"

Are you 100 per cent loyal to your ADAA? Have you brought in one new member this year? We have all seen the slogan for War Bonds, "You have done your bit, now do your best." Here is a chance for you to do your BEST for the ADAA. It is only through the efforts of each member that we may progress and fill our rightful place in a world that needs us more than ever before. Your Association needs you now more than ever before, and needs your every co-operation. Members, here is your opportunity to show your LOYALTY, by your efforts to boost our membership this year.

"Conditions in the world today are a perpetual challenge to every dental assistant—a challenge to maintain and improve our efficiency. Association work, national, state and local meetings are some of the best mediums of education for the Dental Assistant. Your membership in the A.D.A.A. gives you these opportunities."

Remember, this is a PRIVILEGE some people would give anything to enjoy "You've done your BIT, now do your BEST." Will all officers of component societies please pass the brochure on to your Membership Chairman?

*Julia C. Murray,
Chairman, Membership Committee, ADAA,
7112 Champlain Avenue, Chicago, Illinois.*

IF YOUR MAGAZINE IS LATE

During war-time the use of transportation and printing facilities for war purposes is vastly increased and unavoidable delays sometimes occur. Due to conditions beyond our control your magazine may not reach you quite so early as it formerly did. Please be patient if your magazine is late.

THE DENTAL ASSISTANT

VOL. 12

JULY-AUGUST, 1943

No. 7-8

A JOURNAL FOR DENTAL ASSISTANTS DEVOTED TO THEIR INTERESTS AND EDUCATION

Bi-Monthly publication of the A.D.A.A. Journal for Dental Assistants Devoted to their Education and Interests and to the Efficient Conduct of Dental Offices. Publication of all statements, opinions, or data, is not to be considered as an endorsement of same by Journal or its publishers.

EDITORIAL DEPARTMENT

A.D.A.A. Convention

Cincinnati, the Queen City of the West and the Gateway to the South, extends a hearty and cordial invitation to all members and delegates to attend the Eighteenth Annual Meeting of the American Dental Assistants' Association, October 11-14. Although this is to be a streamlined convention, you will find nothing lacking by way of educational features and hospitality. The Cincinnati society is proud to be hostess to this war-time meeting and is busy making arrangements for your comfort and enjoyment. We shall be looking forward to greeting you in October.

*The Cincinnati Dental Assistants' Association
Hostess Society.*

Evaluation and Rededication

We turn our faces toward Cincinnati, and the National Meeting in October, with high hopes and firm purpose.

When the Boston meeting was cancelled last August we were disappointed, but it just seemed the right and patriotic thing to do. Now, having thoroughly canvassed the situation, there seems to be a real need for a meeting of the House of Delegates and the A.D.A.A. Board, and if transportation can be arranged for members of the Board and the House of Delegates so that the meeting is possible, we feel that the right thing to do at this time is to hold the meeting, since it seems important that we have an opportunity to reason together. If our discussions result in an evaluation of and rededication to the object and purposes of the A.D.A.A. it will indeed prove to be worth while.

There is need for us, as Dental Assistants, to increase our service to the dental profession at this time. How we may accomplish this should be a subject of vital importance at the Cincinnati meeting; suggestions from members of the A.D.A. should be sought; we would like to hear some man, high in the councils of the A.D.A., discuss the place and part of the Dental Assistant in this war-time emergency.

For the past nineteen years the A.D.A.A. has raised the standard of Dental Assisting; we have set a high goal for ourselves; we can best attain that goal by dedicating ourselves to the single purpose of DENTAL ASSISTING. We think that we will find when we thus put first things first the other things will eventually be added.

The President of the A.D.A. Says:

Dr. J. Ben Robinson, President of the American Dental Association, took a few minutes of his busy time to greet the members of the Indiana State Association of Dental Assistants at their meeting in May. His well chosen remarks seemed to us to stress our slogan when he said: "Increased effectiveness of Assistants by formal training seems important." That's education.

"The Assistant is a valuable adjunct to a busy man—she steps up the productivity of the Dentist." That's efficiency.

"The professional man who has an assistant who does not work for money is fortunate." That's loyalty.

"The Dentists and Assistants in civilian practice are working side by side to meet the present emergency." That's service.

To Speed Up Your Work

Make a routine built around the needs in your office. (Like a budget, it will have to be elastic, but a working routine for the day, the week and the month will be helpful.)

Try to find short cuts and eliminate waste motions. (Let your head cut down the work of your hands and your feet.)

Check your mistakes and failures and don't make the same mistake twice.

The Dentist for whom you work is working under pressure and carrying a heavy load of responsibility; he is entitled to every consideration. **BE ON THE ALERT** to help him conserve energy. (You know, that second pair of hands at the chair and in the laboratory.)

Whenever possible make the appointment before the patient leaves the operating room, and eliminate discussions and time wasted in the business office. (The Doctor may need you at the chair, or someone else may come to the door.)

If you are engaged in work that permits you to be seated, that's fine, but for goodness sake **DON'T JUST SIT** (presently you'll be wondering why the boss is so irritable; besides it contributes to a secretarial spread).

GUARD YOUR HEALTH so that you will be better able to bear the strain of toil.

"The poor man is not he who is without a cent, but he who is without a dream."

Letter From The Trustee of the First District

DEAR EDITOR:

Points and rations; O.P.A.'s and A.D.A.A.'s; Board votes and articles to the Journal. Life is quite a problem. This trustee job makes one think of a three-ring circus—something going on all the time—it's fun, though. Massachusetts held their annual meeting and election of officers on Monday, April 26th. We started the day at 8:00 A. M. with the Past President's Breakfast. At 10:00 A. M. the Councillors' meeting. The luncheon at 1:00 P. M. was a grand success. Door prizes were donated by Worcester District. Valley District donated wooden banks to bottle our dimes for War Stamps, quite apropos to our tenth anniversary. Metropolitan District took charge of flowers and table decorations. Mimeographed song sheets were distributed by the North Shore District and the words caused much merriment. During the afternoon session a paper was read by Florence Wood (in uniform) from the South Shore District on Nurses' Aids. The North Shore members gave a very fine First Aid demonstration. Sadie Hadley, A.D.A.A. Third Vice-President, was presented with the Achievement Trophy. Metropolitan District received the first prize award for increased membership and North Shore District second award. The past presidents presented the State Association with a \$25.00 War Bond. Our charming and efficient A.D.A.A. general secretary presented the M.D.A.A. with a poster trophy. Ada Cubben, Secretary from Rhode Island, and Ethel Spaulding, Independent A.D.A.A. member from New Hampshire, were among the guests present.

Friday, May 7th; 6:00 A. M. off goes the alarm; time for the trustee to move on to Hartford to attend the third annual meeting of the Connecticut State Dental Assistants' Association. Councillors meeting in the forenoon and the luncheon at 12:30 P. M. Did someone mention door prizes? First number drawn at the C.S.D.A.A. was for a \$25.00 War Bond donated by New Haven. Next number \$3.00 War Savings Stamps, another for \$2.50 in War Savings Stamps, another for \$2.00 and another for \$1.00; powder compacts, kerchiefs, candy and more stamps. All these donated by the various districts. Hand-painted place cards were much in evidence and hand painted song booklets; favors made from animal crackers and marshmallows. Essays—entertainment—installation—but time marches on, so, back to Boston to continue my work as a Dental Assistant.

The Rhode Island meeting will be held some time later. So the work of the First District goes on.

From reports, all districts are doing their part toward the war effort. I get a real thrill out of the part the Dental Assistants are taking; I want to quote from a letter that I received from a Connecticut member: "I got that extra job that I was after (in a defense plant), then found out if I went on the twelve o'clock shift and worked until seven in the morning I would be entitled to the bonus. This is how it is working out: I come down to the office at nine in the morning and work until five. Go home, take Mickie (the dog) out, fix the fire, get something to eat and, if possible, bed about six. Sleep until eleven—get up and into uniform and off to work just before midnight. We have half an hour for lunch at three-thirty in the morning. Then home at seven—fix the fire—take Mickie out, breakfast and back to the office. I am on the swing shift, so I get extra sleep that night and on Saturday afternoon and all day Sunday. What an education I am getting. The 'gals' are from Maine, New Hampshire, Lake

Placid, Pittsburgh—well, just everywhere. I am getting alone fine and haven't fallen asleep on either job." From Maine to California it looks like the Dental Assistants are 100 per cent loyal to their country and their jobs.

Sincerely,

*Esther B. Hyland,
101 Tremont St.,
Boston, Mass.*

GREETINGS, GALS FROM THE SEVENTH DISTRICT:

Out here in the Midwest, we Dental Assistants have long since doffed our ear muffs, red flannels? (sometimes we wished we had 'em), have put away those precious rubber galoshes. We have greeted and feted an important member of Dame Nature's family—SPRING. Spring to us has a double meaning for it is almost synonymous with a big yearly event in the lives of our dental assistant organizations, our annual state sessions, and we dental assistants have been busy preparing for these gala occasions when we can get together for fun, education and fellowship.

Minnesota members enjoyed a fine meeting at Minneapolis, March 19-20, in their usual superb manner. Fine speakers, clinics and social events were enjoyed by a good attendance.

Iowa's meeting at Des Moines, May 2, 3, 4, was the D. A.'s 25th, with a record attendance of two-thirds of their total membership at the sessions. Their silver anniversary and our world victory will be celebrated at the first post-war meeting.

North Dakota at Fargo, May 10-11, was well attended. This state group has increased their membership over last year—a record of effort and progress.

South Dakota at Huron, May 9-10, was highly successful. A fine social and educational program was available for all who attended.

Nebraska, home of the oldest state dental assistant organization, held their 26th annual session at Omaha, May 11-12, with the usual constructive features so typical of their fine state organization.

Checking the dates of these last three states, you will see that I needed wings to make all three meetings held almost simultaneously. However, with no priorities and only an A Card, I made one of the three, or a total of three of the five state groups; I hope that next year it will be possible for me to personally visit all these grand state organizations, which are giving me such grand support, and it has been a big joy to work with all of them.

And so to you, D.A.'s to the West, to the East, and to the South, remember that central part of the U. S., known as the ADAA Seventh District, is on the job, 100% for America, for Victory, and for our American Dental Assistants Association.

Sincerely,

*Lillian Russett, Seventh District Trustee,
503 First National Bank Bldg, Davenport, Ia.*



Secretary's Corner



By AILEEN M. FERGUSON, General Secretary,
709 Centre Street, Jamaica Plain, Mass.

709 Centre St., Jamaica Plain 30, Mass.

HONOR ROLL

ALABAMA D. A. A.
SOUTHERN CALIFORNIA D. A. A.
NORTHERN CALIFORNIA D. A. A.
DISTRICT OF COLUMBIA D. A. S.
GEORGIA D. A. A.
KANSAS STATE D. A. A.
MASSACHUSETTS D. A. A.
MISSISSIPPI D. A. A.
NEW JERSEY STATE D. A. A.
SOUTH CAROLINA D. A. A.

SECRETARIES: July 15 is the deadline for returning the ADAA Program and Clinic Questionnaires sent to you some time ago. These forms must be complete so that your representatives to our annual meeting will be properly listed in the official program. Please make sure that dues for all delegates and alternates are paid to the ADAA at least thirty days before the annual session. Make hotel reservations now for your members at headquarters. The Hotel Gibson, Cincinnati, Ohio.

The cooperation of the ADAA officers and Board of Trustees is extended to the new officers of the following societies:

ALABAMA D. A. A.—President, Bill Wilkins, 702 First National Bank Bldg., Montgomery; Secretary, Lucile Black, 914 Watts Bldg., Birmingham.

NORTHERN CALIFORNIA D. A. A.—President, Miriam Medlin, 3221 Fruitvale Ave., Oakland; Secretary, Florence Owens, 1644 Edith Street, Berkeley.

SACRAMENTO D. A. A. (N. Cal.)—President, Thelda Rohrer, Medical Dental Bldg., Sacramento; Secretary, Lydia Ross, California State Life Bldg., Sacramento.

SAN JOAQUIN DISTRICT D. A. A. (N. Cal.)—President, Marie Giuliana, 1337 N. San Joaquin St., Stockton; Secretary, Charlotte Schwing, Medico Dental Bldg., Stockton.

SAN DIEGO COUNTY D. A. S. (S. Cal.)—President, Katherine McClintock, 2972 Eagle St., San Diego; Secretary, Marion Crandall, 2793 29th St., San Diego.

HARTFORD COUNTY D. A. A. (Conn.)—President, Edna Jeffery, 6 Scott St., East Hartford; Secretary, Myrtle Carpenter, 464 Farmington Ave., Hartford.

GEORGIA D. A. A.—President, Margaret Henry, 114 E. Jones St., Savannah; Secretary, Charlotte M. White, 731 Candler Bldg., Atlanta.

HONORABLE MENTION

DENVER D. A. A.
NEW HAVEN D. A. A.
MISSOURI STATE D. A. A.
OHIO STATE D. A. A.
OKLAHOMA STATE D. A. A.
PHILADELPHIA A. D. A.
PITTSBURGH D. A. A.
TENNESSEE STATE D. A. A.
TEXAS STATE D. A. A.

ROCKFORD D. A. A. (Ill.)—President, Marion Wishart, 520 Empire Bldg., Rockford; Secretary, Della Guenzani, 1456 Charles St., Rockford.

INDIANA A. of D. A.—President, Maryalice Carney, Monon; Secretary, Alice Krick, 1121 Michigan St., Indianapolis.

IOWA STATE D. A. A.—President, Lois McKeever, 2101 Cottage Grove, Des Moines; Secretary, Edna Reichstein Johnson, Red Oak.

MASSACHUSETTS D. A. A.—President, Marion Webster, 56 Suffolk St., Holyoke; Secretary, Helen Richburg, 302 Walnut St., Newtonville.

NORTH SHORE DISTRICT D. A. A. (Mass.)—President, Nellie Semanya, 60 Washington St., Salem; Secretary, Betty Wright, 70 Washington St., Salem.

MISSISSIPPI D. A. A.—President, Velma Rodgers, 3417 North State St., Jackson; Secretary, Maxine Hansel, 809 North Park, Cape Girardeau.

NEBRASKA D. A. A.—Secretary, Grace Love, 740 Medical Arts Bldg., Omaha.

NEW JERSEY STATE D. A. A.—President, Esma Farrah, 1212 Pacific Ave., Atlantic City; Secretary, Florence Smith, 333 Avenue C, Bayonne.

ESSEX COUNTY D. A. A. (N. J.)—President, Beatrice Fimbel, 1926 Oakwood Pkwy., Union; Secretary, Ruth V. Doring, 158 Claremont Ave., Montclair.

PASSAIC COUNTY D. A. A. (N. J.)—President, Bertha Scrivens, 10-11 Fair Lawn Ave., Fair Lawn; Secretary, Stella Ruth Kintner, 356 Union Ave., Paterson.

AKRON D. A. A. (Ohio)—President, Eleanor Sullivan, 1141 Clifton Ave., Akron; Secretary, Mary Ann Gannon, 323 Crosby St., Akron.

STARK COUNTY D. A. A. (Ohio)—President, Helen Edris, 2816 Abbott Pl., N. W., Canton; Secretary, Kattie Stafford, 819 Brant Bldg., Canton.

THE DENTAL ASSISTANT

OKLAHOMA STATE D. A. S.—President, Jewel B. Mallard, 716 Medical Arts Bldg., Tulsa; Secretary, Edna Newland, 811 Medical Arts Bldg., Tulsa.

LEHIGH VALLEY D. A. A. (Pa.)—President, Pauline Jarrett, 226 N. Irving St., Allentown; Secretary, Florence Seifert, 5 Lehn's Ct., Easton.

SOUTH CAROLINA STATE D. A. A.—President, Louise Shumate, 340 West Liberty St., Sumter; Secretary, Vivian Coker, Dental Clinic, Fort Jackson, Columbia.

TEXAS STATE D. A. A.—President, Violet Crowley, 925 Medical Arts Bldg., Houston; Secretary, Esther Osborn, 1416 Medical Arts Bldg., Fort Worth.

RICHMOND D. A. S. (Va.)—Secretary, Mildred Bowles, 700 Medical Arts Bldg., Richmond.

WISCONSIN STATE D. A. A.—President, Verena Strassburg, 1147 Main St., Watertown; Secretary, Eugenia Uttech, 123 N. Washington St., Watertown.

NOTE—Send all correspondence for the Illinois State D. A. A. to President, Mabel Fox, 503 Myers Bldg., Springfield.

We regret that the DELAWARE D. A. A. has been forced to disband for the duration.

A cordial welcome to a new independent member, Mrs. Alice Knowles, associated with Dr. M. D. Martin, Reynolds Bldg., Sayre, Pa. We hope you enjoy your ADAA membership.

NOTICE OF AMENDMENT TO CONSTITUTIONAL AND ADMINISTRATIVE BY-LAWS

Notice is hereby given to all members, delegates and alternates, that it is proposed to amend the Constitutional and Administrative By-Laws of the American Dental Assistants' Association at the Cincinnati meeting, by substituting for these By-Laws a set of Revised By-Laws approved by the Board of Trustees at their last meeting, Chicago, Ill., August 26, 1942. A copy of the Revised By-Laws was sent to every constituent and component society in the ADAA on November 20, 1942. Please refer to this copy in the possession of your society and familiarize yourself with the changes proposed.

Aileen M. Ferguson,
General Secretary.

ATTENTION, OLD MEMBERS

We are trying to secure the following issues of The Dental Assistant to complete the ADAA journals which are to be bound for the permanent records:

1932: January, February, March, April, June, July, August, September, October, November.

1933: January, August, September, October, November.

FOR JULY-AUGUST, 1943

EDUCATION

(Continued from Page 99)

Government is spending thousands of dollars in broadcasts and publications urging people to keep fit in order to aid more effectively in the war effort, and so, in private practice, we should translate the general information into dental terms. Isn't it up to us then to know more about the essentials of mouth hygiene, and proper technique of brushing, including brushes and dentrifiers, especially those endorsed by The American Dental Association?

Diets and vitamins seem to play a very important part in our lives today and we should have a general knowledge so that we can discuss or answer intelligently the many questions that patients frequently ask regarding these in relation to dental health. All of us have opportunities during each day to pass on some information on health dentistry to each patient and help create the necessity for complete dental care. Be a teacher in this branch of health service and by so doing let us keep America orally healthy.

This is an age of uniforms. Uniforms for our Army, Navy, Red Cross, civilian defense workers and many others. Each has its own special badge of identification, setting them apart and identifying them with the work in which they are participating. So, too, is the American Dental Assistant set apart from her fellow workers in white with her American Dental Assistant's pin. Let us be individuals with a purpose, a part of an organization dedicating itself to serve humanity and so thru higher education fit ourselves so that we may be proud of our calling.

Bedford, Ohio
Nov. 11, 1943

(This is the first of four articles written on the subject of our slogan, "Education—Efficiency—Loyalty—Service.")

If you have any of these back issues will you kindly send them to me so they can be included in the bound volumes. Thank you.

Aileen M. Ferguson, General Secretary
709 Centre Street,
Jamaica Plain 30, Mass.

TALKING IT OVER



(This department is under the supervision of Edna M. Justice,
631 Jenkins Building, Pittsburgh, Pa.)

Each year's membership places new names on our rolls, new assistants—some of them new to Dentistry, some new to our association. Some names new, but new to old members as a result of Cupid's campaign. Whatever the situation, we want you to know we welcome all of you, old and new, to our growing organization.

An organization, to maintain its stride with the world today, much as a human mechanism, must be steadily building up new blood, yet retaining the constancy of the old. It can, likewise, be likened to a boat, with its members as oarsmen. Well, this association boat is a sturdy one—it just depends upon the oarsmen, how much progress we make. Progress is governed by what we do with our opportunities.

Indifference toward the work that provides food and shelter for us, and to the opportunity it holds out to us to grow into something better, is one of the weaknesses of the workers in this land of ours.

A few of the chronically disgruntled ones say that all the opportunities have been seized. But all the opportunities haven't been created yet, much less grabbed. Why, in a country where precedent-smashers are born every minute how could all of the opportunities be used up?

To the person who is mentally awake, who sees in the task at hand his chance to do it better than it has ever been done before, who takes an inquisitive interest in day-by-day changes and improvements, life is ever a zestful adventure.

If your work is humdrum to you, it's

because you've been thinking humdrum thoughts.

The secret of accomplishment is vision. Nothing is quite so perfect that it cannot be improved.

Now, to you old members, you have rowed hard and well; you have done and are doing a fine work, and your spirit of cooperation and helpfulness has enabled us to manifest the achievements we proudly proclaim.

To you new members, you are the new oars in this boat of business enterprise forging onward to self-improvement and public betterment. If you're satisfied with yourself and your vocation, and your place in the world, then that's the end of things for you. You can't acquire without reaching out. Things are done by people who work up enthusiasm.

Members, all of us. Indifference never yet got anywhere. It rests with us whether we drift or forge ahead.

LET'S GET IN AND ROW.

Lillian Russett,
7th District Trustee.

STERILIZATION

(Continued from Page 102)

pressure will retain their place as most practical.

Other steps in the direction of asepsis is the sterilization of handpieces in oil or vaseline, followed by alcohol bath, drying in sterile towel, and oiling, wiping the bracket table off with alcohol after each patient. The head rest covers should be wiped off or changed, and a clean towel used for each patient.

In closing I would like to say a word about personal appearance, for to what avail is a perfect sterilization technique in a scrupulously clean office if we ourselves are untidy and soiled. So let's all resolve to join the crusade against "Mr. Spore," with a perfect sterilization technique, plus absolute cleanliness, both in our personal appearance and in our offices.

(Presented before the Georgia Dental Assistants' Association, Savannah, Georgia, May 18, 1943.)

MAKING THE OFFICE ATTRACTIVE

(Continued from Page 103)

For good behavior our children loved to get a dwarf, and where there were several in the family, they soon had the whole set. The moulds are difficult to obtain now, as they are made of rubber, but if the moulds are not available, plaques for their rooms can be given. To make a plaque, cut out suitable small pictures from the magazine ads, put the picture right side down in the centre of a wet saucer, pour in a little thin plaster, and before it sets, insert a string to hang the picture by. When the plaster hardens, slip the completed plaque out of the saucer.

Now let us proceed to the operating room. It must, of course, be kept immaculate, but it too needs a touch of life and color. Get one of the many attractive pottery containers, fill it with ivy, and hang it in the window. Have a flowering plant or small bouquet on top of the filing cabinet, or in an equally suitable place. When you want to be extra fussy, try a single flower, such as a rose, zinnia, or aster, on the tray. Cut the stem down to one inch, put the flower in a very low, small dish with a couple of leaves, and place it at the back of the tray. There is still plenty of room for the doctor's instruments, and patients will be delighted. Another good idea is to have an attractive picture hanging right in front of the dental chair. Buy a series of good prints. Have one framed and the back of the

frame fixed so that it can be easily removed. Then change the picture every month or two, and you will be surprised at the number of patients who will notice it and say, "Oh doctor, you have a new picture."

Cleanliness and neatness are the most attractive things about a laboratory, so let us see to it that ours is neat and shining. A can of enamel and few hours' work will brighten the lab stool and many other pieces of laboratory equipment, a thorough house cleaning in the spring and fall of each year will rid the room of unnecessary materials and accumulated dust, and a daily cleaning routine that includes the often neglected lab will keep the entire dental suite clean and pleasant throughout.

On the evidence of the doctor's personality and habits, the persuasiveness of his appeal and the atmosphere of his office environment, the patients base their decision to accept or reject him, so our part, as dental assistants, is to make the office as attractive as possible.

48 St. Clair Ave.,
Hamilton, Ontario, Canada.

DON'T QUIT

When things go wrong,
As they sometimes will,
When the road you're trudging
Seems all uphill.
When the funds are low
And the debts are high
And you want to smile,
But you heave a sigh,
When care is pressing
You down a bit
Rest if you must—
But don't quit.

Anon.

Our eyes are placed in front because it is more important to look ahead than to look back.

The man who is a good listener not only is popular, but after a while he learns something.

Before criticizing, ask yourself what you might have done yourself under like circumstances.



MARY BUIE SMITH

Route 2, Box 89, Florence, S. C.

STAIN REMOVAL CHART

These hints are taken from clinics here and there. You've seen some of them before, but we hope you will like to have them all together again in a chart which you can put up in a handy place.

Blood:

1. Sponge with hydrogen peroxide.
2. Soak in cold water to which household ammonia has been added in the proportion of one teaspoonful to a gallon; wash in lukewarm suds.
3. Soak in a salt solution about one cup to 2 qts. of water.
4. For stains on thick material, make paste of raw starch and cold water. Apply paste to stain and as it dries, brush.

Candle Wax:

1. Apply chloroform.
2. Place blotter above and beneath spot and press with hot iron. Remove grease with carbon tetrachloride and color will respond to alcohol or peroxide.

Carbon Paper:

1. Wash with soapy water immediately because clear water sets stains.

Indelible Pencil:

1. Sponge with ammoniated alcohol, made by adding drops of spirits of ammonia to one-half cupful of alcohol, and wash with soapy water.

Ink:

1. Sponge with soap solution and then apply peroxide with a medicine dropper. Steam until spot turns yellow and apply two drops of oxalic acid solution, then rinse thoroughly, adding a few drops of ammonia to last rinse water.
2. Apply salt or Fullers earth and hand brush off as soon as the absorbent becomes discolored (if the stain is on a rug).

Iodine:

1. Pour boiling water through article with force.
2. Sponge with solution made by adding one teaspoon "Hypo" to one pint of water and wash thoroughly.

Lubricating Grease, Salves:

1. Scrape off as much as possible. Use pad method and sponge with carbon tetrachloride or chloroform.

Lipstick Rouge:

1. Use same method as for grease. Color remaining will respond to alcohol or peroxide.

Medicine:

1. Wood alcohol will successfully sponge out some stains, but as the compositions of medicine vary, it may be necessary to try several methods.

Mildew:

1. Stretch fabric over bowl of hot

water containing a few drops of ammonia and apply jewelle-water with a medicine dropper. Rinse in hot water and neutralize bleach with acetic acid, using two table-spoons to one gallon of water. Rinse thoroughly.

Perspiration:

1. Stains on white may be bleached with peroxide to which a few drops of ammonia has been added. Apply with a medicine dropper over a bowl of steaming water and rinse.

Silver Nitrate:

1. Sponge with saturated solution of potassium iodide.
2. Sponge with tincture of iodine and aconite, then wash with alcohol, removing stains off fingers, cabinet or marble slabs.

Berwicks Solution:

1. Sponge with alcohol.
2. Stubborn stains may be removed with a solution of alcohol and chlorax, equal parts.

Mercurochrome:

1. Add 5 drops of muriatic acid to ten ounces alcohol. Saturate a piece of cotton and use to remove stain.

Potassium Permanganate:

1. Use a saturated solution of oxalic acid.

HELP WANTED!

Please write up your clinics, short cuts to efficient dental assisting, helpful hints, or what have you? and send them to the Editor of the Question Box. Share your ideas; be a contributor to the ? Box.

Mary Buie Smith,
R. F. D. No. 2,
Florence, South Carolina.

The Grablins

Hark to the tale of a creature, more fearsome than any you've known, which has caused so much desolation, it makes the strongest man groan. Now these creatures are kin to the Gremlins, those naughty wee stratosphere elves; the Gremlins make trouble for others, but these make it most for themselves. You have read of their deeds in the papers, of the trouble they make for us all; if we don't stop this mischief they're making, they will lead us direct to our fall.

This thing is what we call a Grablin; they're not very pretty to see; they hang around grocers and markets, and buy all the butter and tea. Have any of you seen a Grablin? Remember, they're quite hard to spot, for they look quite a lot like a human, and would fool anyone, like as not. Ah, yes, they're all right on the outside, but inside there's a heart black as sin; to the war they pay little attention; they don't seem to care if we win.

If you are out hunting for Grablins, do you think you would know where to seek? That's right, just look at the pantries, and down cellars is a good place to peek. For instance, if you found some coffee, piled high up, enough for a year, that's the best way for you to be certain that a Grablin is living right near. Again, if you went down some cellar, and found bags of sugar in stacks, that is sure to belong to a Grablin; he gets his, no matter who lacks. If you happened to visit your neighbor, and found he had four extra tires, he's a Grablin, and doing his work well, work that Tojo and Hitler admire.

But before you condemn all these creatures, take a look at your own cupboard shelf; if you have a pound too much butter, by heck, you're a Grablin yourself.

Sapper E. A. Godfrey.

(From "The Bulletin" of the Ontario Dental Nurses' and Assistants' Association.)

The Dental Assistant

By CLYDE CARLYLE HOYLE

Presented at the Five-State Meeting, Washington, D. C., March 11, 1942

With the progress of dentistry in the past decade has come the development of a versatile professional woman—the dental assistant. From the status of towel-changer and bracket-table-cleaner, she has risen to a higher plane. Today the dental assistant can look forward with anticipation to an interesting career should she desire to avail herself of the opportunities presented.

There are many advantages, both social and professional, offered to the individual. Her very environment is in itself a liberal education. A dental assistant is required to be personable, well-read, congenial, diplomatic and an able receptionist. She soothes the impatient, quiets the fearful, caters to the particular and in all develops an extremely well-rounded and adaptable personality.

In the professional field, the assistant will find a variety of specialized branches in which she may become proficient by study and application. A general practice offers experience in a number of these subjects. Opportunity is provided for a dental assistant to become efficient as an X-ray technician, laboratory technician, surgical or prosthetic assistant.

The business side of the practice of dentistry may be almost entirely the responsibility of a capable assistant. Every practitioner is relieved to have this burden cared for by a reliable employee. The preparation and preservation of records, the handling of office income, and the preparation and collection of monthly statements could well be the responsibility of the dentist's office personnel. In the performance of these duties experience will be gained which should be invaluable to her.

Hospital and institutional positions are now open to the dental assistant.

Since the extreme increase in the size of our Army many of the larger Army institutions have procured the services of these capable individuals to assist the dental officers in large clinics and hospital dental services. This new field has proven to be extremely interesting to many of us who are here today.

Organizational activities offer at the same time an aid and a diversion to the members of our vocation. Participation in conventions, meetings and clinics offer occasional pleasant interludes in every-day work. If she prepares herself properly a member of this vocation can become an indispensable asset to the dentist with whom she is working. Upon her will devolve the entire routine of the office. As her capabilities increase, so will her responsibilities—and not to be forgotten—her monetary return.

Our own society has its study clubs and courses which are given for the purpose of helping us to gain a broader technical knowledge and to iron out the difficult problems which arise from time to time. We welcome all the girls who are striving for perfection in dental assisting to join with us and to help each other know the merits of our vocation.

In closing let me impress upon you the code of ethics of the American Dental Assistants Association. In her dealing with the profession of dentistry and with her associates the conduct of the dental assistant should be in accordance with the golden rule both in letter and in its spirit.

Nothing that is false does any one any good—except false teeth.

Wisdom is knowing what to do; skill is knowing how to do it; virtue is in doing it well.

THE DENTAL ASSISTANT

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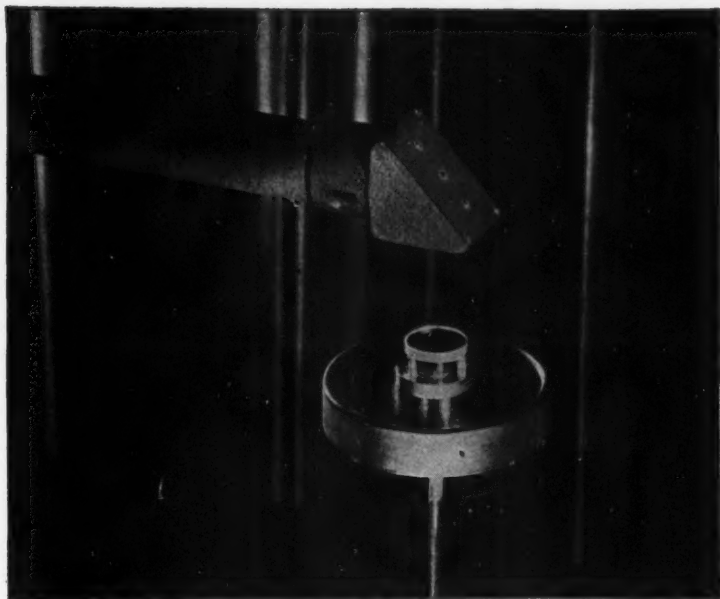
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No wonder old *Gimlet Eyes* is a pain in the neck occasionally to the men who must submit every manufactured batch of 20th Century Alloy to the inspection of such a tyrant. Just let a test cylinder expand or contract too much or too little . . . then "NC" means that batch is rejected.

But, exacting as *Gimlet Eyes* is, it's only one of the tyrants in our testing laboratory. Still other devices which test "flow" and other physical properties, must also put their o.k. on every single batch of 20th Century.

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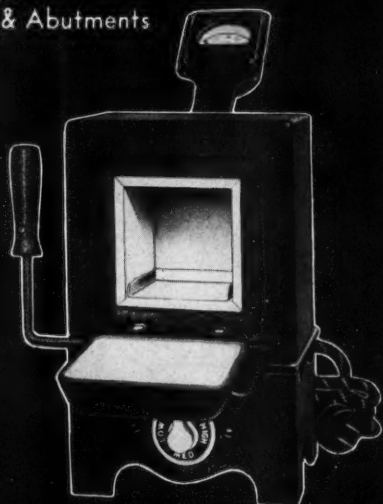
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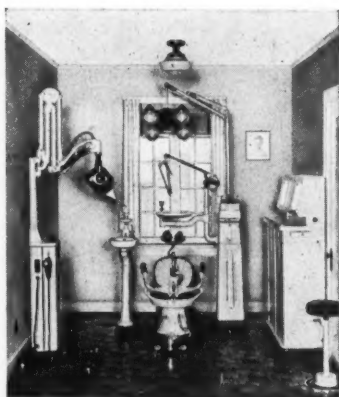
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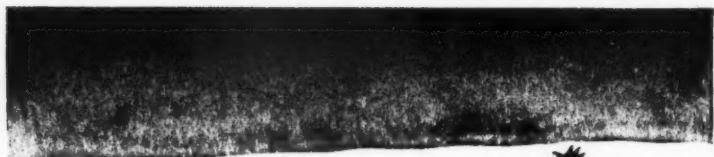
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